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THE ENTRANCE OF THE NURSING PROFESSION INTO REFORM AND PROTECTIVE WORK *

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IN this short paper it is not the purpose to speak of the nurse in the work which is strictly called her own, but in work she is doing in connection with other societies.

The ancient ideas of nursing seem to have been, as found in Catholic sisterhoods (which did most excellent work in this one way), the caring for the sick and unfortunate. They made no protest against existing conditions, nor did they, as far as is known, seek to correct them.

It was Florence Nightingale who introduced the spirit of reformation and teaching into the work of nursing. She it was who overthrew old systems and replaced them with a mission for the nurse, to teach and practise sanitation and hygiene with authority. With her began a new era in nursing, and her name is, and will always be, held sacred by all training-schools and nurses the world over.

Democracy, by permitting increase of responsibility and opportunity to women, has made rapid progress possible in the nursing profession. In most of the old aristocratic countries the nurse is still considered a handmaid or upper servant, while English-speaking nations are developing her into a positive and recognized force and making her services of ever-increasing value, and this not alone in her own profession, but in the many others in which she may to-day be found.

In New Zealand a nurse (Miss Mills) holds a government position as Inspector of Hospitals. She has had great influence in shaping legislation regarding the education of nurses in that country.

Mrs. Norrie, of Denmark (a nurse), is secretary of the National Council of Women, and has done much for the advancement of the cause of woman's work and for suffrage.

In London, Miss Morton, a nurse, as member of the School Board, has been instrumental in placing nurses in public schools to watch for infection and prevent its spread.

As a reformer in civil service Miss Louise Dorche, in her ten-years' struggle against machine politics, took a training-school in New York out of its grasp, and placed it upon the merit system. In civic work Miss Wald, founder of the Nurses' Settlement in New York City, has

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distinguished herself and profession. Seven years of conscientious, intelligent, self-forgetting service for the public good has made her a power in every branch of municipal work—playgrounds, overcrowded tenements, and all matters of like nature coming under her care. She meets all commissioners and is consulted upon all matters of improvement and civic reform in her district. In Yonkers, N. Y., Mrs. von Wagner has for four years held an official position on the Board of Health as Inspector of Tenements, where her work is thoroughly appreciated and more valued with each year of service. Several nurses are now studying to fit themselves for similar positions. In Boston, Mass., Miss McBride holds an official position as Visitor of the Children's Department. She visits all truant and reform schools and homes where city children are placed, and gives official reports concerning their care and surroundings. She also has charge of all clothing furnished them by the city. This department also employs a nurse whose duty it is to visit all these institutions, attending to such matters as would fall to a nurse only.

A nurse, Miss Gregg, holds an official position as visitor to all insane patients and paupers who are boarded in private homes in the State of Massachusetts. She looks into the sanitary conditions of these homes and ascertains the kind of care given the boarders.

The Boston system of instructive district nursing means very much more than its name would imply, the nurses being teachers of sanitation, hygiene, and home nursing, and inspectors of tenements as well.

Miss McCloud, superintendent of the Victorian Order of District Nursing in certain provinces of Canada, is constantly travelling from town to town where her nurses are located, and is very thorough in her work of home inspection. She is also an instructor in sanitation and hygiene.

In Buffalo Miss Damer, a nurse of large and varied experience, is officially connected with charity organization work, where she is doing much good by her wise counsel and thorough work.

Mrs. Kenny, superintendent of army nursing, visits and inspects all hospitals belonging to the American army wherever they are situated. She is now in the Philippines on a tour of inspection.

One nurse, Miss Rutherford, is secretary of a society in Baltimore whose work is the rescue of abandoned children and finding good country homes for them. In Baltimore nurses are also officers of the Society of Health to aid in the war against tuberculosis. Colored nurses have instituted a movement to establish district nursing, which will lead to improved sanitary conditions in the homes of colored people.

Mrs. Fenwick, of London, England, a nurse and journalist, takes up

the cause of industrial betterment and municipal improvement, as well as nursing, and her name is guarantee of the excellence of her work.

Miss Palmer, an American nurse, is also a journalist, and is very active in all matters of civic reform, and, being connected with many societies, has a wide field for work and influence.

There is a very general movement among nurses to study parliamentary law, sociology, and modern movements, and this with a view of entering reform work. Two local groups, the Metropolitan Club and Johns Hopkins Hospital Training-School Alumnæ, belong to the Federation of Women's Clubs.

Nurses are by their training especially fitted for reform and preventive work, and each succeeding year finds a larger number employed outside of what might be considered strictly professional lines. That their work has been acceptable is proven by their services being sought after. They have always been found ready to help in all forward movements, and are glad to work shoulder to shoulder and in hearty accord with any and all societies whose aims are the improvement of conditions of the half who know not how to live.

LEAVES FROM THE NOTE-BOOK OF A BELLEVUE NURSE

LECTURE IV.—KIDNEYS AND URINE

(Continued from page 502)

WE now come to the subject of excretions proper. An excretion, as we have learned, is a substance that exists preformed in the body, and is carried by the blood to certain organs and taken from the blood by these organs and thrown from the body. Excretion is continuous, and not intermittent, like secretion. It is principally composed of effete matter, the result of the growth of tissue.

True Excretions.

(1) Urine; (2) Perspiration; (3) Bile, partly.

The urine is excreted by the kidneys, which are two in number and consist of two distinct parts, (1) cortical substance and (2) medullary substance. The external or cortical substance is composed of tortuous tubes, at the end of which are small rounded bodies called Malpighian bodies, blood-vessels, etc. The internal pyramidal or medullary substance is chiefly composed of straight tubes and blood-vessels, lying internal to the cortical. These different tubes become filled with epithe-